



Harvest of the Month Success Stories

What is Harvest of the Month?

- ▶ An educational program aimed at increasing fruit and vegetable consumption among youth.
- ▶ Programs occur in schools, summer programs, after-school programs, and child care centers.
- ▶ Schools use mini grants to cover the costs of fruits and vegetables purchased for monthly taste-testing.
- ▶ 8 different fruit or vegetables were introduced monthly in classrooms.



Sample Harvest of the Month Lesson



PLUM TALKING POINTS

1. Introduction of the Plum

- _____
- _____
- _____
- _____

2. A Slice of History about the Plum

- _____
- _____
- _____
- _____

3. How do Plum's grow?

- _____
- _____
- _____
- _____

4. What season do we pick Plums?

- _____
- _____
- _____
- _____

5. Vitamins and Minerals from the Plum



I tried
plums
today!



PLUM TALKING POINTS

2. Slice of Plum History

- Like peaches, plums originated in China about 4,000 years ago.
- The species *Prunus salicina* (Japanese plum) originated in China, but was domesticated in Japan 400 years ago.
- John Kelsey, a nurseryman from Berkeley, brought the plum from Japan to California in 1870.
- Early colonists brought the European plum, *Prunus domestica*, to America and pioneers traveled West with it during the Gold Rush.
- The dried plum industry arose in California after the Gold Rush.
- Plums (*Prunus domestica*) date back in writing to 479 B.C. They were prominent in the writings and songs of Confucius which include a listing of popular foods of Chinese culture. In 65 B.C., Pompey the Great introduced the plum to the orchards of Rome, and Alexander the Great eventually brought them to the Mediterranean regions. Early American colonists found wild plums growing along the east coast, but today the common European plum has replaced the native wild plum in popularity and as a commercial crop. Plums are now the second most cultivated fruit in the world, second only to apples.
- The plum tree plays a significant role in Chinese mythology and is associated with great age and wisdom. Blossoms of the plum tree are carved on jade to signify resurrection.

3. How Do Plums Grow?

- Unlike other stone fruits, plum trees are adaptable to a wider range of climatic conditions. Both Japanese

and European plums thrive where rainfall during the growing season is minimal (less than 30-45 inches annually). In winter, plum trees require pruning and a chilling, or rest, period (between 800-850 "chill hours").

- The plum is a stone fruit tree of the Rose family. This deciduous tree produces white flowers in clusters of one to five, each flower with five petals. The flowering plants produce drupes, or fleshy fruits surrounding stone pits. Plums are related to other stone fruits such as peaches, apricots, and cherries, which are also drupes. The plum is more diverse than its relatives and grows in a wide range of shapes, sizes, colors, and flavors. Plums have a groove running down one side, smooth skin, and stone pits.



4. What's in Season?

- California grown plums are in peak season during summer. They are usually available from May to October. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Sample Harvest of the Month Lesson



www.sdharvestofthemonth.org



Plums

Nutrition Facts

Serving Size 165 g	
Amount Per Serving	
Calories 76	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	9%
Sugars 16g	
Protein 1g	
Vitamin A 11%	Vitamin C 26%
Calcium 1%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Plums have Vitamin A for healthy eyes, Vitamin C for a healthy immune system, and fiber for healthy digestion.

Did you know?

1. Native species of plums are found in most of the world's north temperate zones. The American plum (*Prunus americana*) is the only plum tree native to South Dakota.
2. Plums are considered stone fruits, which also include cherries, almonds, apricots, peaches and nectarines. They are named stone fruits because the fleshy fruit is surrounded by a "stone," or pit.
3. Prunes are actually dried plums and have been eaten for centuries.
4. Plums are in peak season during the summer and fall but growing them takes a year-round effort.

Produce Tips

- Look for plums with solid colors—red, purple, black, light green or yellow.
- Choose firm plums that give slightly to gentle pressure.
- Ripen hard plums in a paper bag at room temperature for up to 3 days.
- Store ripe plums in the refrigerator.
- Plums can be plump and round almost like an apple, or they can be oval or tear-drop shaped.
- Most of the plums eaten in SD are labeled either Japanese plums or European plums.



Healthy Serving Ideas for Plums

- Pack whole ripe plums in lunches or as snacks.
- Add sliced plums to green salads.
- Make a stone fruit salad with peaches, plums and apricots.
- Top low-fat yogurt with sliced plums and granola.
- Blend plums with low-fat milk or yogurt and ice.
- Chop plums and add them to muffins or your favorite spiced bread recipe.

Plum Recipes



Plum Punch

- | | |
|---------------------------------|--------------------|
| 2 C. diced plums | 2 C. apricot juice |
| 2 C. sparkling cider (optional) | 1 C. seltzer |

Combine ingredients in bowl. Divide among 4 ice-filled glasses, or use frozen strawberries instead of ice.

Plum Gratin with Honey

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|----------------------------------|---------------------------|-------------------|
| 4 or 5 large plums | 2 Tbsp. sugar | 2 large eggs |
| 1/2 cup 1% milk | 1/2 cup all-purpose flour | 1/8 teaspoon salt |
| 1/3 cup coarsely chopped almonds | | Honey |

Preheat the oven to 425 F. Grease a 9-inch round/oval baking dish. Cut plums in half, pit, and slice into 1/2 inch thick slices. Place slices in prepared dish snugly in single layer of concentric circles. In a bowl, whisk the eggs about 30 seconds. Beat in the milk, flour, and salt for a smooth batter. Pour evenly over the plums. Sprinkle sugar and the almonds on top. Bake 15-20 minutes, or until puffed and golden and the plums have softened. To serve, spoon the warm gratin into small bowls and drizzle honey on top.

Plum Chutney

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|--|--|
| 4 plums (about 1 lb.) pitted and chopped | 3 Tbsp. red-wine vinegar |
| 3 Tbsp. honey | Pinch of crushed red pepper (optional) |

Combine plums, vinegar, honey and crushed red pepper in a medium saucepan. Bring to a simmer over high heat. Cover, reduce heat and simmer, stirring occasionally, until the plums start to break down, 5 to 10 minutes. Transfer to a blender or food processor and pulse several times into a coarse puree. Serve on crackers.

Plum Salsa

- | | |
|--------------------------------------|---|
| 2 large tomatoes, diced | 1/2 small red onion, diced |
| 4 plums, pitted and diced | 8 sprigs fresh cilantro, chopped (optional) |
| 1 teaspoon minced garlic | 1 teaspoon lime juice |
| 1/2 teaspoon salt | 1/4 teaspoon freshly ground black pepper |
| 1/4 teaspoon chili powder (optional) | |

Mix all ingredients in a bowl; cover with plastic wrap. Refrigerate about 1 hour, or until flavors blend.

Plum Bread

- | | | |
|------------------------|-------------------------|-----------------------------------|
| 1/2 C. honey | 2/3 C. white sugar | 1 tsp. vanilla |
| 2 C. all-purpose flour | 1 tsp. baking soda | 1/4 C. milk |
| 1/4 C. applesauce | 1/4 tsp. cinnamon | 1 C. chopped plums |
| 1 egg | 1 C. walnuts (optional) | 1/4 tsp. ground cloves (optional) |

Preheat oven to 350°F. Lightly grease a 9x5 inch loaf pan. In a large bowl, blend the egg, honey, sugar, and vanilla. Gradually add milk and applesauce. Mix in the flour, baking soda, cloves, and cinnamon. Fold in the plums and walnuts. Transfer the batter to the prepared loaf pan, and bake 50 to 60 minutes, or until a toothpick inserted in the center of the loaf comes out clean.

Search online for other healthy plum dishes: plum pancakes, grilled plums, plum oatmeal crisp, etc.

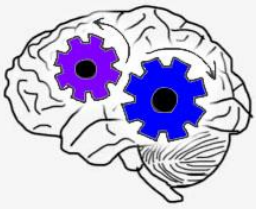


Participating Schools & Programs

- ▶ Andes Central OST
- ▶ Armour OST
- ▶ Bridgewater-Emery Elementary & Middle Schools
- ▶ Buchanan Elementary
- ▶ Baltic High School
- ▶ Jefferson Elementary
- ▶ Kennedy Elementary
- ▶ Marty Boys & Girls Club
- ▶ Wagner Boys & Girls Club
- ▶ Wessington Springs Elementary
- ▶ Oahe Child Care Development
- ▶ Milbank OST
- ▶ Pierre Indian Learning Center
- ▶ Northern Hills Alliance

Participant Demographics

	Pre	Post
Pre-K	14.9%	8.7%
K	2.1%	13.3%
1 st	3.7%	14.7%
2 nd	13.4%	16.1%
3 rd	14.5%	23.9%
4 th	27.3%	13.1%
5 th	21.9%	8.2%
6 th to 10 th	2.3%	2.2%
Sex	Male: 51.6% Female: 48.4%	Male: 49.9% Female: 50.1%
Race	Latino, Hispanic: 2.2% Black, African American: 2.8% White: 72.7% Am. Indian, Alaskan Native: 13.9% Asian, Pacific Islander: 0.5% Other: 7.9%	Latino, Hispanic: 1.6% Black, African American: 2.3% White: 67.7% Am. Indian, Alaskan Native: 22.9% Asian, Pacific Islander: 0.4% Other: 5.1%
Previously participated in HOM	Yes: 66.3% No: 33.7%	Yes: 62.9% No: 37.1%



Previous Knowledge About Fruits & Vegetables

	% Correct - Pre	% Correct – Post
Fruits and vegetables that are high in vitamin A are _____ in color.	25.2%	33.7%
Tomatoes, strawberries, and peppers and good sources of vitamin _____.	24.7%	37.6%
Almost all fruits and vegetables contain a lot of vitamins and _____.	30.8%	41.4%
Fruits and vegetables, like apples and carrots, are best when eaten with the peel because that is where most of this fiber and antioxidants are.	57.0%	57.1%
The vegetable that is grown underground is _____.	88.3%	86.8%
The vegetable or fruit that is grown above ground is _____.	80.6%	80.1%

Significant Findings

Fruits	% Like Pre	% Like Post
Apples	96.4%	91.3%
Berries	86.0%	89.3%
Cherries	81.5%	85.0%
Grapes	95.3%	92.5%
Melons	86.6%	87.5%
Pears	87.0%	87.0%
Plums	61.0%	66.1%
Strawberries	90.6%	90.1%

Vegetables	% Like Pre	% Like Post
Asparagus	42.5%	45.6%
Cabbage	46.8%	51.3%
Broccoli	65.9%	65.1%
Carrots	87.5%	84.4%
Corn	93.22%	91.3%
Cucumbers	69.8%	70.5%
Green Beans	75.8%	77.2%
Peas	64.2%	63.1%
Peppers	50.9%	49.03%
Potatoes	82.63%	86.7%
Salad Greens	65.2%	70.1%
Spinach	48.7%	53.56%
Squash	43.1%	44.5%
Sweet Potatoes	59.6%	63.79%
Tomatoes	57.0%	56.9%

Success Stories



- ▶ “The children actually enjoyed the vegetables and fruit and asked for more.”
- ▶ “All the students enjoyed the samples that were made by the chosen groups and even shared their recipes! Great program!”
- ▶ “Our best success story is when we taught a lesson on squash and there were many students that thought the squash would be gross and one little kid said, 'Seriously guys, this stuff is actually AWESOME!!'”

What is Pick It, Try It, Like It?

- ▶ As a complement to Harvest of the Month, SDSU Extension Pick It! Try It! Like It! materials were distributed to grocery stores located in the surrounding community.
- ▶ These materials were made available for parents to use to prepare fruits and vegetables.
- ▶ Materials consisted of fact sheets and recipe tear pads matching fruits and vegetables featured in Harvest of the Month.

Pick it! Try it! Like it!

STRAWBERRY/RASPBERRY

Pick it!

- Handle gently since they easily bruise.
- Avoid moldy or wrinkled berries.
- Look for dry, firm, well-shaped, and deep red or golden raspberries.
- Strawberries should be shiny and bright red.

Try it!

- Eat fresh within a week or freeze on a lined pan and place into containers after frozen.
- Wash, drain, and dry just before eating.
- Eat fresh in fruit salad, pie, fruit smoothies, or salad.
- Mash into a sauce to use on pancakes or add to salad dressing.



Find recipes & videos at [iGrow.org](https://www.IGrow.org)

SDSU
Extension



South Dakota State University, South Dakota counties, and U.S. Department of Agriculture cooperating.
South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.

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